

Line Dancing w/ Whitney

Reviewing: Electric Slide, Whiskey Song, Wobble, & Booty-Call

Learning: Cha-Cha Slide & Detroit Hustle

Please make sure you sign up on the sign-up sheets outside the office.

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Info Table

Stop by our info table to pick up December Recipes and Info sheets which include: Chicken Stew with Dumplings; Simple Beef Pot Roast Mom's Chicken Pot Pie; Irish Cream Truffle Fudge; Snowballs II; Microwave Oven Peanut Brittle /10 Cold and Flu Prevention Tips

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Monthly Crafts with DeAnna

Though we will miss DeAnna, please remember that she will be volunteering once a month on a Saturday to do crafts with our residents. The craft for the month will be at the office for you to see. If you want to participate, please make sure you sign up by required date.

If you have not signed up, you will be unable to join, so please make sure you do!

This month's craft will be on Saturday, December 8th at 11:00am. Please see example craft on outside of community office door.

Please sign up by Sunday, December 2nd.

Message from Community Manager

Hello Residents!

Well the November holidays are over and we are quickly heading into December holidays! Remember to donate to or assist others who need it this month.

Whether it's donating clothes, coats, scarves and hats or simply donating your time by volunteering at a local church or soup kitchen.

My Sorority Sisters and I have already volunteered with Matthew 25 Ministries and Cross Roads Church to give back. We here at Central Parkway create scarfs and soon winter hats to give to Pastor Brian with First Lutheran. It's a great feeling being able to help someone else no matter how small the gesture is.

**Happy Holidays from Episcopal Retirement Services, Central YMCA and your Community Manager and Service Coordinator!**

**Central Parkway Place Staff**  
Community Manager: Whitney Tidwell, 513-381-4193  
Service Coordinator: Ann Patterson, 513-218-5237  
Maintenance: 513-542-5888

December Health & Wellness Activities

With the busy holiday season upon us, we encourage you to make time for health and wellness activities. We hope you have a happy and health month!

Blood Pressure Clinic with RN Jen from Interim HealthCare

Wednesday, December 12 from 2:00 to 3:00 pm  
\*\*Note time change\*\*

Yoga Class with Tami

Wednesday, December 19 at 2:00 pm

Re-Launch of Bee Healthy Program with Interim

All residents received a letter and sign-up form in November to announce the re-launch of Bee Healthy with Interim HealthCare as our partner. If you have not completed your form and want to participate, please be sure to turn it into the office. Look out for details of a re-launch party in January.

Any questions, please see Ann.

\*We will continue to offer Bee Bucks for activities. Ann will have the Bee Basket in the office on Wednesdays and Fridays.\*

### Who Knew???

Before the invention of the color TV, 75% of people said they dreamed in black & white. Today only 12% do; Popcorn wasn't always a beloved movie snack - in fact, prior to the Great Depression, movie theaters dated popcorn; The first person to perform a successful C-section in South Africa was Dr. James Barry... a doctor who was actually a woman.

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Good, better, best. Never let it rest.  
'Til your good is better &  
your better is best.

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### Resident meeting will be on Monday, December 17th at 2pm

If you have anything you wish to be discussed, please complete the form in the newsletter and drop off to the office.

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**Pest Control:** Any resident who has bed bugs, please let staff know immediately so the proper treatment can be done to get rid of them.

**On Thursday, December 13th starting at 9:00am, the 8th & 9th Floors will be inspected, and preventive treatment will be completed.**

It is extremely important to contact the office if you are experiencing any insect concerns.



### Happy Birthday!!!

Please help us celebrate the following Birthdays: Clarence Cooper; Dan Luning; Victoria Ramey; Timothy Hetzer; and Beverly Heath.

ALL residents welcome!

Thursday, December 20th at 2:00pm—Resident Birthday Party/Christmas Party with Christ Church Cathedral

Cake and ice cream will be served.  
ALL RESIDENTS ARE INVITED!

Please sign up.

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### Life Enrichment Trip Details

#### Monday, December 3rd

*Christmas Lights at Coney Island with Dinner at Frisch's*

*The cost will be \$5.00 per person plus your dinner money.*

Office will be closed the following days:

Thursday, December 6th

Tuesday, December 25th

Community Manager will be out:

Wednesday, December 5th



### December 2018

**Bus Policy:** If you choose to take a bus trip, please call 513-431-9767. Leave your name, property, and phone number on the message. State what trip you are taking and if you're bringing a walker or wheelchair. Bus Fee is \$1, payable to driver. The driver carries no change.

Deadline for a reservation is 4 PM on the business day prior to the trip.

Calls after this time will not be processed.

**Monday, December 3rd: Life Enrichment Trip: Christmas Lights at Coney Island & Frisch's Dinner** Pick up at 3:45pm. Come back at 7:30pm

**Thursday, December 6th: Kroger/Meijer-Oakley Station** Pick up at 12:45pm. Depart to come back at 2:45pm

**Monday, December 10th: Walmart/Kroger-Western Hills** Pick up at 12:30 pm. Depart to come back at 3:15 pm

**Friday, December 14th: Freestore Food Bank** Pick up at 1:45 pm. Pick up from Freestore at 3:00-3:15pm. If you have not previously visited the Free Store, please make sure you are pre-registered before going by seeing Service Coordinator, Ann Patterson.

**Thursday, December 20th: Corryville Kroger/Walgreen's** Pick up at 9:40 am. Depart to come back at 11:30 am

**Monday, December 27th: Kroger/Meijer-Oakley Station** Pick up at 12:45pm. Depart to come back at 2:50 pm